

## Personal Training

Personal Training sessions are 55 minutes, and are individualized for each client to meet their personal needs and goals. Sessions can be one-on-one, partners, or in a small group. Our personal studios allow us to be exceptionally productive and efficient with the use of the fitness tools available to us and our clients.

Before starting private training sessions, *One To One* clients receive a complete fitness evaluation that measures body composition, flexibility, muscular strength and endurance, movement analysis, and sport specific tests.

We will then design a client's personal training sessions and program based on their strengths and weaknesses. In addition to this, we can customize cardiovascular, nutritional, balance, and stretching programs for the client.



## Pricing

One to one training sessions (1-5): \$60  
One to one training sessions (5-35): \$50  
One to one training sessions (36 and<):\$40  
Partner training sessions (1-5): \$80  
Partner training sessions (5-35): \$70  
Partner training sessions (36 and<):\$60

## Locations

43740 Garfield Road  
Clinton Township, MI 48038  
(Bet. Hall Rd. and 19 Mile)

**(586) 228-0270**

28098 23 Mile Road  
Chesterfield, MI 48051  
(1/4 Mile West of I-94)

**(586) 949-0123**

**TotalHealthSystems.com**

**GotHealth.org**

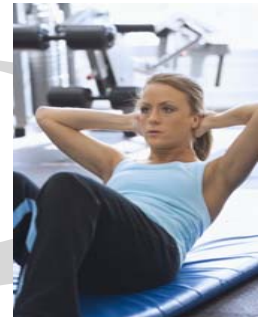
## Hours

**Monday: 7am-4pm, Chesterfield**  
**Tuesday: 10am-7pm, Clinton Township**  
**Wednesday: 7am-4pm, Clinton Township**  
**Thursday: 10am-7pm, Chesterfield**  
**Friday: 7am-4pm, Clinton Township**  
**Saturday: By Appointment Only**

# ONE 2 ONE

## FITNESS

*Individual training studios in an intimate environment for one-on-one, partner, and small group training programs.*



**TOTAL HEALTH SYSTEMS**  
Multi-Specialty Clinic

Chiropractic • Medical • Physical Therapy • Massage Therapy • Nutrition

Clinton Township • (586) 228-0270 ♦ Chesterfield • (586) 949-0123  
TotalHealthSystems.com

## Fitness Program Director: Laurie Nuyens, ATC, NASM; CPT

These personalized training sessions are taught by Laurie Nuyens. Laurie earned her BS from Central Michigan University in Sports Medicine. She is a certified member of the National Athletic Trainers Association and a National Academy of Sports Medicine Certified Personal Trainer. Laurie has worked as a full time personal trainer since 2001.



Many of her clients have changed their life with Laurie's guidance, knowledge and support. Laurie enjoys working with those brand new to fitness and with the experienced athlete who is looking to take it to the next level. With Laurie's education and experience she is qualified to care for people recovering from an injury, training for a specific sport or with those looking to lose weight and increase health.

Laurie herself is an avid runner and triathlete. Laurie has completed various half marathons, marathons, and half iron mans. Most rehab training (including aqua therapy) and weight loss.

### Weight Management

Our weight management consists of educating the client on eating whole foods – lean meats, fruit & vegetables, complex carbohydrates, and drinking water. We will also provide a customized an individualized program for the client(s).



### Strength Training

Our strength Training program focuses on safety, program design, and proper body mechanics and technique. We strive to educate clients on using proper form to reduce and eliminate injury or pain. This program includes using free weights, machines, functional Training equipment, and much more!

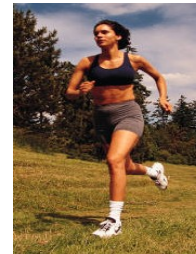
### Stretching Program

Our stretching program consists of conducting an active or dynamic warm-up using bio-foam rollers, stability & medicine balls, and body weight. Before every session, it is imperative that all clients conduct some form of light work on the treadmill, bike, or elliptical before stretching.

### Endurance & Cardiovascular Training

For endurance and cardiovascular training, every client is taken through a cardiovascular test. This will ensure that your proper heart rate is established at safe levels. Once this is accomplished, we prescribe the proper workout intensity and goals.

If a client seeks to improve endurance, we develop a program to stress improving anaerobic threshold. This will teach your body to improve oxygen consumption, which in turn will lead to more efficient fat burning.



### Functional Training

Functional Training is a type of training that conditions the body with resistance to enhance specific movement for everyday activity. We use equipment ranging from medicine & stability balls, bio-foam rollers, balance pads/disks, resistance bands, and body weight movements.

### Core Training

At One To One Fitness, we define core Training as establishing a strong base of support through the core stabilizers – front abdominal muscles and back

par spinal muscles – as well as the hip musculature (the hip flexor and internal and lateral rotators of the hip). Before, during, and after each session we concentrate on developing these muscles.

### Sports Specific Training

Our sports specific training program is unique, and with this type of training we tend to put a bigger emphasis on accomplishing sport specific tasks with improved efficiency. Most of our athletes understand the demands on taking their athletic abilities to the next level, and therefore we use the athlete's strengths to aid in developing their weaknesses. There is also a focus on injury prevention to make sure we keep you in the game, not on the sidelines.



### Body Building, Fitness, and Figure

Training for a bodybuilding or fitness and figure competition is very intense. Our trainers can educate, inspire, and motivate clients to learn the nutritional, preparatory, posing, and physical and mental aspects associated with the sport.

### Rehabilitation / Pre-habilitation

Rehabilitation training focuses on the importance of improved joint range of motion, decreasing pain, safe technique, and return to normal function. This is done under the direction of our staff physicians and physical therapists, but implemented by our training staff.

Pre-habilitation encompasses preparing the body for major and minor surgery. The program focuses on strength and balance of the muscles involved after the surgical procedure to ensure more rapid recovery.

### Kids Fitness

Our kids program is exciting and educational! Kids get to learn the basic techniques to body weight training, speed and agility, and an introduction to weight lifting. Important concepts on nutrition, fitness, and safety are the focus.

